

Returning from Fasting – Dietary trends after Ramadan

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Benefits of Long Fasting

- Maximization of self-healing mechanisms of body, mind & soul
- Purification of body tissues in terms of elimination of undesirable tissue accumulations, growth, etc.
- It provides an opportunity for the organism to clean house, physically and mentally; for accumulated debris to be eliminated; and to allow for the introspection that is so often lacking in the rush of modern day life.
- Allowing the body to let stressed and abused tissues heal

Benefits of Long Fasting

- Compromising the GIT with long fasting
- Quick restoration of a state of higher health
- Body, mind & soul are trained for continued fasting
- Controlled feeding after long fasting results in cellular proliferation, which restores normal gastrointestinal architecture and function appropriately after 3-5 days
- Fasting is used for what might be termed as rejuvenescence (over-hauling of the body engine)

Free from Diseases

The scientific and medical literature contains literally hundreds of papers dealing with the therapeutic use of fasting. It has been extensively used in the treatment of a variety of conditions, including:

- Obesity
- Diabetes
- Epilepsy
- Atherosclerotic vascular disease
- Congestive heart failure
- Cancer
- Autoimmune disease such as rheumatoid arthritis
- Psychiatric disorders including schizophrenia, and
- Also it is a desensitization tool in the treatment of hypersensitivity and allergies

How to Return from Fasting

- The **most important** period of the fast is the initial **re-feeding**.
- **Too rapid** return to food and activity can spell **disaster**.
- Materials that have been mobilized during the fast must be **eliminated**.
- **Improper feeding** or activity after the fast can seriously disrupt this process.

Lessons Learnt

Lifestyle Changes After Ramadan

- After Ramadan fasting, continue following practices for the next 11 months:
 - Skipping lunch and replacing it with light snack
 - Breakfasting heavy before 8 am daily
 - Dinner before 7 pm daily
 - Restricting tea intake up to 2 cups daily
 - Walking briskly for 30 minutes daily 1 hr after dinner
 - Walking moderately before breakfast for 30 min daily
 - Skipping fizzy drinks completely or @ 1 drink monthly

Lessons Learnt

Lifestyle Changes ...*cont*

- Skipping roasted diets (*pakore, samosa, poori, etc*) completely
- Restricting sweets up to the level of taste change only
- Drinking clean water abundantly between meals
- Restricting eating out @ one per month
- Reducing the plate size from big to small
- Taking fruits and boiled veggies as snacks
- Avoiding bakery diets
- Using whole grain breads

Lessons Learnt

Lifestyle Changes ...*cont*

- Hosting the guests with simple snacks without fizzy drinks, sweets and bakery diets
- Adding 'compot' with each meal (it is residual warm water after boiling some selected fruits without adding sugar)
- Using salads without adding mayonnaise or creams
- Least spices – up to the level of simplest taste

The Worst Eating Habit

Frequent Eating or 'Grazing' is the worst habit.

This causes the Beta cells in the pancreas to **overwork** (and thus produce unnecessary insulin). **Excessive insulin** may cause **cancer**.

Continuous eating is the major cause of the rise in maturity onset **diabetes** (type-II) and **obesity**

Please Understand Metabolism

During fasting **insulin drops** and the pancreas releases **glucagon**. Glucagon raises the blood sugar and tells the heart to **stop burning sugar** and **start burning fat**; the heart is an only obligate fat burning organ **but only burns fat when the glucagon is switched on** (i.e., only during **fasting**).

Dominance of glucagon metabolism over insulin (in terms of time) **slows down the aging process**, raises the good **lipoproteins** (**HDL**) and slows down the rate of **vascular atheroma** development. Hence it lowers the risk of **stroke** and **heart attacks**

Take Home Message

1. **Permanent** change in body is the true core of fasting health benefits. *The key is learning from fasting is **to eat to live, not live to eat.***
2. **Continue Fitness Through Intermittent Fasting**
3. Avoid that point to come where the benefits decrease and losses increase.
4. Numerous animal and human studies done over the past 15 years suggest that **periodic fasting** can have dramatic results not only in areas of weight (fat) loss, but in overall health and longevity as well.

Benefits of Periodic Fasting

A recent article in the *American Journal of Clinical Nutrition* gives a great overview of these benefits, e.g.:

- Decrease in **blood pressure**
- Reduction in oxidative damage to lipids, protein and DNA (**reduction in spontaneous cancers**)
- Improvement in **insulin sensitivity**
- **Glucose uptake**
- Decreases in **fat mass**

Benefits of Periodic Fasting

Fasting for weight loss and detoxification also:

- Increases **mental clarity**
- Relieves **depression** and
- Gives the person a powerful window of opportunity to make permanent **eating-habit changes**.
- Opens doors to **insight** and **spiritual** understanding that does not surface while one is constantly gorging or grazing

Popular Periodic Fasting Approaches

Approach 1:

Take a two-week “cleansing” approach where you eat regularly every other day and fast (or eat 40% of normal) on alternate days for two weeks twice a year.

Approach 2:

Young children and adolescents = 3 meals a day

Young adults to age 30 = probably only two

From age 30 or 35 to age about 50 = one meal a day

Beyond age 50 = only one meal every two days



Thank You

Any Question or Comment???